

WHAT IS CLAIMED IS:

1. A template for cutting hair comprising:  
a strip of material, the material having first and second sides, the first side bearing an indicia to guide cutting of the hair; and  
the second side adapted to receive an adhesive to secure the strip to a person.
2. The template of claim 1, wherein the strip comprises a strip of paper, plastic or cloth.
3. The template of claim 1, wherein the indicia comprises a graphical indicia.
4. The template of claim 3, wherein the indicia comprises a straight or curved line.
5. The template of claim 3, wherein the indicia comprises an embossment.
6. The template of claim 1, wherein the indicia comprises both a graphical indicia and an embossment.
7. The template of claim 1, wherein the indicia comprises both a straight line and a curved line.
8. The template of claim 1, wherein the second side comprises an adhesive layer.

9. The template of claim 8, wherein the second side comprises a protective peel-away strip covering the adhesive layer.
10. The template of claim 9, wherein the peel-away layer is cross cut vertically to facilitate removal of the peel-away layer.
11. The template of claim 9, wherein the peel-away layer is cross cut horizontally along a longitudinal axis of the template.
12. The template of claim 1, wherein the strip of material comprises a strip cut to the desired length by a user.
13. The template of claim 1, wherein the strip of material comprises a strip having a preset length.
14. A method of cutting hair comprising:  
applying a strip of material to a person's body with an adhesive, the strip of material having an indicia thereon to guide cutting of the hair; and  
cutting the hair with a cutting instrument guided by the indicia.
15. The method of claim 14, further wherein the strip of material has an adhesive layer thereon, and further comprising applying the strip to the person's body using the adhesive layer.
16. The method of claim 15, wherein the adhesive layer has a protective peel-away layer, further comprising removing the peel-away layer and applying the strip to the person's body.

17. The method of claim 14, wherein the step of applying comprises applying a strip comprising a strip of paper, plastic or cloth.

18. The method of claim 14, wherein the step of cutting comprises cutting the hair with the cutting instrument guided by an indicia comprising a graphical indicia.

19. The method of claim 18, wherein the step of cutting comprises cutting the hair with the cutting instrument guided by an indicia comprising a straight or curved line.

20. The method of claim 18, wherein the step of cutting comprises cutting the hair with the cutting instrument guided by an indicia comprising an embossment.

21. The method of claim 14, wherein the step of cutting comprises cutting the hair with the cutting instrument guided by an indicia comprising both a graphical indicia and an embossment.

22. The method of claim 14, wherein the step of cutting comprises cutting the hair with the cutting instrument guided by indicia comprising both a straight line and a curved line.

23. The method of claim 16, wherein the peel-away layer is cross cut vertically to facilitate removal of the peel-away layer, and further comprising removing the peel-away layer using the cross cut.

24. The method of claim 16, wherein the peel-away layer is cross cut horizontally along a longitudinal axis of the template, into two portions, and further

comprising removing only one of the portions and applying the strip to the person's body using the adhesive exposed by the removed portion.

25. The method of claim 14, further comprising cutting the strip to the desired length from a larger length of the material.

26. The method of claim 14, further comprising using the strip of material strip having a preset length.